



DIRECTIONS: For adults, take one (1) softgel daily, preferably with a meal.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value
Vitamin D 125 mcg (5,000 IU) (as D3 Cholecalciferol)	625%

Other Ingredients: Soybean Oil, Gelatin, Vegetable Glycerin, Corn Oil.